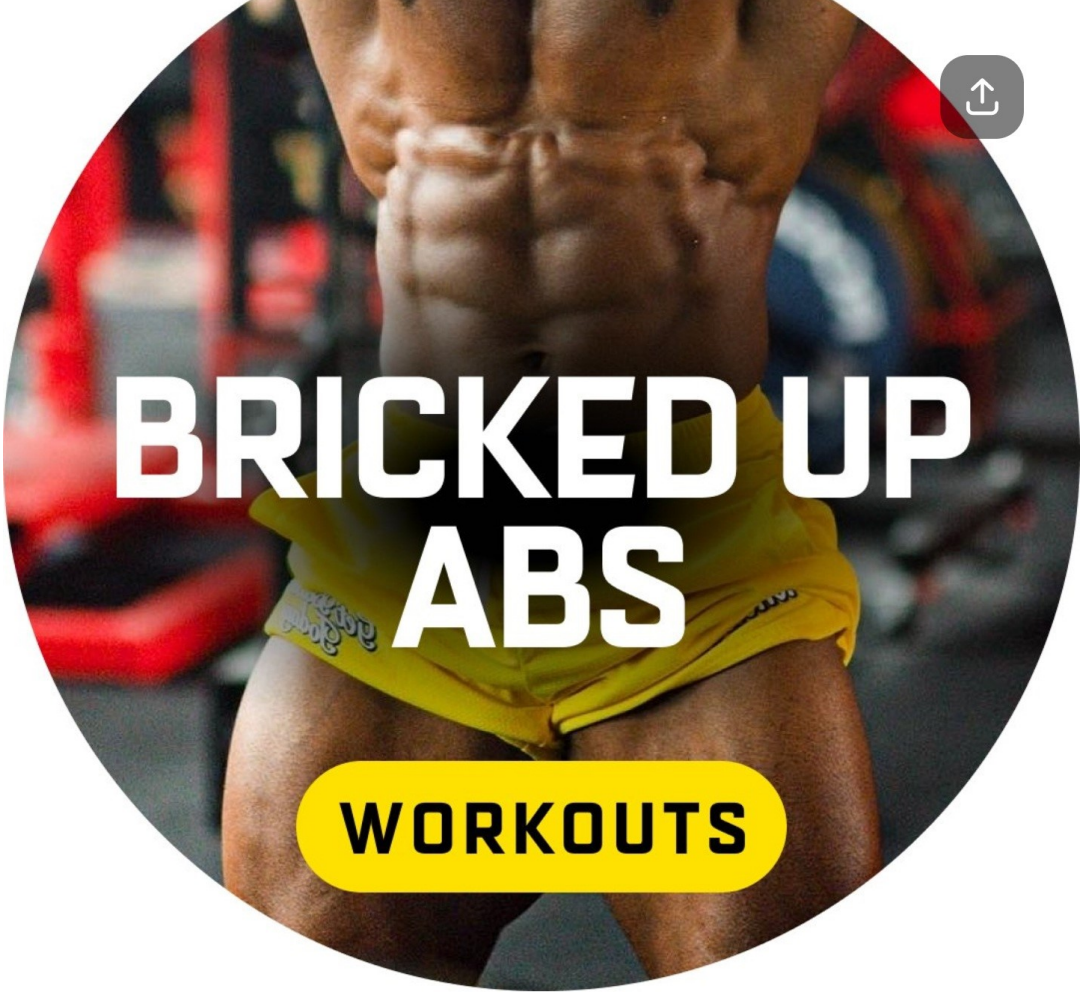

Bricked Up Abs

OVERVIEW COMMENTS

Russel Orhii
Powerlifter & bodybuilder

LENGTH
4 weeks

Timer

1 CIRCUIT

Ab Curcuit

5

12 Cable Crunch

15 Hanging Leg Raises

45s Weighted Planks

Swipe to complete